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# Nutri - Topics

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Consumer

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## Nutrition During Pregnancy

### Articles, Books and Book Chapters (in order by year)

"Healthy choices for 2." Cinda S. Chima. *Lamaze Parents' Magazine*. 1994.

*A Guide to Eating Right During Pregnancy*. Susan Kagen Podell. New York, NY: Doubleday. 1993. 46 pp.

*Eating Expectantly: The Essential Eating Guide and Cookbook for Pregnancy*. Bridget Swinney. Colorado Springs, CO: Fall River Press, 1993. 352 pp.

*Eating for Two: The Complete Guide to Nutrition During Pregnancy*. Mary Abbott Hess and Elise Hunt. New York, NY: Collier Books, Macmillan Publishing Company. 1992. 324 pp.

"The vegan diet during pregnancy, lactation, and childhood: pregnancy and the vegan diet." Reed Mangels. *Vegetarian Journal*, 10(1):9-13. 1991.

### Pamphlets, Brochures, and Flyers (in alphabetical order by title)

There is a charge for some of the pamphlets and brochures listed below. Please contact the source for current prices.

*A Health Alert for Hispanic Pregnant Women: For Your Baby's Sake, Avoid Soft Cheeses* (Spanish on One Side: *Una Importante Advertencia Para Las Mujeres Hispanas Embarazadas: Para Proteger Su Salud Y La De Su Beb , Evite Los Quesos Blandos*). Rockville, MD: Department of Health and Human Services, Food and Drug Administration. 1992. Single copies available from: FDA Seafood Hotline, Spanish menu, (800) FDA-4010; Bulk copies available from: Food and Drug Administration, Office of Consumer Affairs, Room 1685, 5600 Fishers Lane (HFE-88), Rockville, MD 20857. (301) 443-3220.

*About Nutrition and Pregnancy.* South Deerfield, MA: Channing L. Bete Co., Inc. 1993.  
Available from: Channing L. Bete Co., Inc., 200 State Rd., South Deerfield, MA  
01373-0200. (800) 628-7733 or (413) 665-7611.

*Blue Ribbon Babies: Eating Well During Pregnancy.* (Available in Spanish: *Bebés Sanos: Alimentación Sana Durante El Embarazo*) Chicago, IL: The American Dietetic Association. 1989 for English; 1992 for Spanish. Single copies available from: The National Center for Nutrition and Dietetics, (800) 366-1655. Bulk copies available from: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606. (800) 745-0775, ext. 5000.

*Caffeine & Pregnancy.* Iowa City, IA: The University of Iowa Hospitals and Clinics. 1994.  
Available from: Publications, Dietary Department, The University of Iowa Hospitals and Clinics, 200 Hawkins Dr., #W146GH, Iowa City, IA 52242-1051. Fax: 319-353-6232.

*Caffeine and Women's Health.* Washington, DC: International Food Information Council and The Association of Women's Health, Obstetric & Neonatal Nurses. 1994. Available from: International Food Information Council Foundation, 1100 Connecticut Ave., NW, Suite 430, Washington, DC 20036. (202) 296-6540.

*Diabetes in Pregnancy.* (fact sheet) White Plains, NY: March of Dimes Birth Defects Foundation. 1993. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Eating for Two: Nutrition During Pregnancy.* (Spanish title: *Teresa Come Por Dos: La Nutrición Durante El Embarazo*) (brochure) White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Eating for Two: Nutrition During Pregnancy.* (fact sheet) White Plains, NY: March of Dimes Birth Defects Foundation. 1992. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Fish and Shellfish for New Mothers.* Arlington, VA: National Fisheries Institute, 1991.  
Available from: National Fisheries Institute, Inc., 1525 Wilson Blvd., Suite 500, Arlington, VA 22209. (703) 524-8881.



*Folic Acid: Good News for Women and Babies.* (Available in Spanish: *El Ácido Fólico*) White Plains, NY: March of Dimes Birth Defects Foundation. 1994. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Having a Baby? You Need More Iron.* (Available in Spanish, Cambodian [Khmer], and Vietnamese. Spanish title: *Va A Tener Un Bebé? Usted Necesita Más Hierro*) Philadelphia, PA: Philadelphia Dept. of Health. 1992 for English; 1994 for Spanish. Available from: Public Health Nutritionists, Maternal and Child Health, Philadelphia Dept. of Health, 500 South Broad St., Philadelphia, PA 19146. (215) 685-8637.

*Healthy Foods, Healthy Baby.* (Available in Spanish: *Alimentos Saludables, Bebé Saludable*) Philadelphia, PA: Philadelphia Dept. of Health. 1990. Available from: Public Health Nutritionists, Maternal and Child Health, Philadelphia Dept. of Health, 500 South Broad St., Philadelphia, PA 19146. (215) 685-8637. (Booklet is for pregnant teens and young women.)

*Just for You: New Moms.* Madison, WI: University of Wisconsin-Extension. 1992. Available from: Cooperative Extension Publications, 30 N. Murray St., Room 245, Madison, WI 53715. (608) 262-3346.

*Low Birthweight.* (fact sheet) White Plains, NY: March of Dimes Birth Defects Foundation. 1992. Single copy available from: March of Dimes, 1275 Mamoroneck Ave., White Plains, NY 10605, (914) 428-7100; Bulk copies available from: March of Dimes, P.O. Box 1657, Wilkes-Barre, PA 18703. (800) 367-6630.

*Nebguide: Pregnancy and Lactation.* H. Darlene Martin. Lincoln, NE: Cooperative Extension, Institute of Agriculture and Natural Resources, University of Nebraska-Lincoln. 1992. Available from: Darlene Martin, NEREC, University of Nebraska, P.O. Box 111, Concord, NE 68728. (402) 584-2261.

## Contacts for Assistance:

### Local Contacts (refer to your telephone directory)

### Ask for the:

Extension Service (county or state) .....	Home Economist or Food and Nutrition Specialist
Health Department (city, county, or state) .....	Nutritionist
Hospital .....	Outpatient Nutrition Services or Dietitian

### National Contacts:

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

March of Dimes Birth Defects Foundation, 1275 Mamoroneck Ave., White Plains, NY 10605. (914) 428-7100.

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655.

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Consumer, and Educator.

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